TWENTY -EIGHT YEAR OLD DAVID INGRAM of Fullerton, California, traveling by bicycle from Salem, Oregon to Washington, D.C., is shown above chatting with Lew Wight, owner of the Grey-Blue Motel and Museum, on Sunday afternoon.

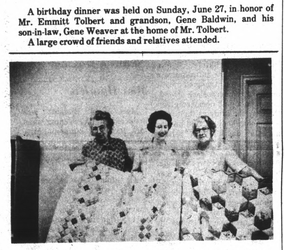
Ingram left Salem, Oregon May 4, stopped off here Sunday for a night's rest, and left early Monday morning with plans to be in Williamsburg by Tuesday, June 28 and then on to Washington, D.C. by July 3. He is on his second set of bicycle tires and says he travels about 80 miles a day. Ingram and some of his "buddies" started thinking about this trip about two years ago but all dropped out at the last minute so he is making the trip alone.

The California State College student says he has met a lot of nice people, especially in small towns, and his faith in America has been renewed with this trip. He further commented that on bicycle you get to see much more of the country-side and that Virginia is one of the prettiest states he has travelled. He believes strongly in "living one day at a time."

BIRTHDAY DINNER FOR THREE

A birthday dinner was held on Sunday, June 27, in honor of Mr. Emmitt Tolbert and grandson, Gene Baldwin, and his son-in-law, Gene Weaver at the home of Mr. Tolbert.

A large crowd of friends and relatives attended.



Mrs Louise Plunkett, Mrs. Isabelle Coleman, and Mrs. Florence Trent are pictured showing off two more beautiful quilts that will be featured in the quilt show to be held July 3rd and 4th as a Bicentennial event. There is no admission charge for this show and the Appomattox County Homemakers cordially invite you to attend.

Jordan

All present enjoyed the message coming from our pastor, Rev. C. L. Elliott, on Sunday morning.

On Sunday, July 4, at 3:30 p.m. Rev. Wyatt Venable and the Alabama Choir will be our guest. as we celebrate Rev. C. L. Elliott's anniversary. Plan

Hollywood

Worship services will be at Hollywood Baptist Church Sunday morning July 4 at 9 a.m. Sunday School will follow at 10 o'clock.

Rev. Paul Balthaser delivered a good message at Hollywood Sunday morning.

Friends were deeply grieved to hear of the death of Rev. and Mrs. Clarence Davis' infant son. We extend to them our love and deepest sympathy.

Deepest sympathy is extended the families of Mr. John Ferguson and Mr. Curtis Blackwell.

Mrs. Kenneth Deaner and daughters, Delorisue Ann and Dawn spent the week end in Newport News with Mrs. Ioan Mayberry, Mr. and Mrs. Eyland Mayberry and Mrs. Lucy Deaner. Mrs. Ioan Mayberry accompanied them home for a visit.

Mrs. David Austin and Janet were visitors Wednesday morning of Mrs. Thomas Woodall and Lisa.

Mr. Frank Covington visited Mrs. M. L. Covington and Mrs. W. T. Covington Friday afternoon.

Mr. and Mrs. L. L. Webb and Miss Odell Webb called in the W. H. Wingfield home Saturday afternoon. Mr. and Mrs. Twyman Baldwin visited in this home of Mrs. Mary Bagby Saturday night.

Visting Mrs. C. R. Banton Sunday night were Mr. and Mrs. R. G. Austin and Tom.

Mr. and Mrs. H. D. Webb, of Richmond, were guests Sunday of Mr. and Mrs. R. M. Webb and family.

Among others visiting Mr. and Mrs. Thomas Woodall and family Sunday were Mr. and Mrs. L. H. Watson, Mr. and Mrs. Scott Sheets and Mr. and Mrs. Alfred Almond.

Mr. and Mrs. J. L. Torrence had their children and grandchildren with them for Father's Day.

Relatives and friends are so glad to hear Mrs. Frank Woodall is home from the hospital. We pray she may soon be well.

Miss Joyce Webb spent a few days last week in Lynchburg with Mr. and Mrs. Lawrence Woodson.

Visting Mr. and Mrs. L. H. Watson Saturday were Mrs. Lee Smith and Mr. and Mrs. Larry Sexton and son.

We are very sorry to hear Mr. Bennett Gilliam is back in the Lynchburg Hospital. Rev. and Mrs. Otis Smith and Mrs. W. T. Covington visited him Sunday afternoon. We wish for him a speedy recovery.

Mrs. Ruby Woodson, Lisa and Mrs. M. L. Covington visited Mrs. W. T. Covington last week.

Visiting Mr. Frank Covington and Mrs. Mary Bagby last week were Mr. and Mrs. James Bartlett, of Texas, Mrs. E. T. Ponton of Roanoke, Rev. Paul Balthaser, David Daniel and Andy Balthaser, Mr. H. W. now to attend.

On the second Sunday in July, July 10, beginning at 3:30 p.m. the Spiritual Knights will be sponsoring a gospel singing. The public is cordially invited to attend.

Pamplin

A Community Independence Day Service will be held at Elon Baptist Church Sunday, July 4 at 11 a.m. Other churches participating will be Pamplin and Piney Ridge United Methodist and Beale Memorial Presbyterian. The Rev. Floyd Lucas of Appomattox will have charge of the services. A covered dish lunch will be served.

Mrs. C. H. McCall accompanied by Mrs. Jessie P. Smith of Axton have returned home after a visit with Mrs. McCall's son-in-law and daughter, Mr. and Mrs. Charles Ramsey, and family, of Waveland, Miss. Mrs. Smith is spending this week with Mrs. McCall.

The Rev. and Mrs. Douglas Hager, of Kansas City, Missouri, will spend the week end of July 9-11 for a trial sermon at Elon Baptist Church.

Mrs. Cheryl Hiteshere and Mrs. Helen Scruggs and families of Virginia Beach visited Mrs. Walker Scruggs at Darlington Heights last week end.

Mrs. C. R. Dickman and daughter, Cheryl, returned to their home in Rogers, Ark., last Sunday after a visit with her parents, Mr. and Mrs. Lloyd Inge.

Visiting in the home of Mr. and Mrs. Clarence Franklin over the week end were Mrs. James Sexton, three daughters, Mrs. Ralph Reigel, all of Emporia.

Oakville

Sunday dinner guests of Mr. and Mrs. Marshall Martin were Mr. and Mrs. Ray Page. Supper guests in the Martin home were Mr. and Mrs. Alonza Martin of Lynchburg. Others that called in the afternoon were Mr. and Mrs. Doyle Martin of Lynchburg, Mrs. John Davis, Sr. of Dillwyn, Also, Mr. David Martin, Rev. Jim Becker, Mr. and Mrs. Riley Megginson, Tommy Kern, Mr. and Mrs. R. T. Megginson, Jr., Penny, Pam and Paula and Mr. Gordon Martin and Timmy.

Those visiting Mrs. Maggie Gardner and Ethel last week were Mr. and Mrs. Walker Cawthorne, Mr. and Mrs. Russell Covington and Jane Russell, Mr. Allen Gardner, Mr. Gary Foster and Mr. Tom Moore.

Visitors Sunday afternoon of Mr. and Mrs. Ray Page were Mr. and Mrs. Otho Martin, Jr., Mr. and Mrs. Clayton Martin and Miss Jane Moore.

Jenkins, Mr. R. M. Webb, Mr. and Mrs. Alfred Almond, Mrs. George Jennings, Mrs. J. C. Jennings and Carol Ann, Mr. and Mrs. Bill Watson and family, Mr. and Mrs. L. H. Watson, Mr. and Mrs. Thomas Woodall and Lisa and Mr. and Mrs. H. W. Wingfield and Julia.

USDA PROPOSES CHANGES IN GROWERS WAREHOUSE DESIGNATION FOR FLUE CURED TOBACCO

Two proposed revisions in the procedures for redesignation of warehouses at which flue-cured tobacco growers will market their tobacco were announced June 18 by the U. S. Department of Agriculture.

Under one proposed revision any one day of a five-day redesignation period may be used by the farm operator to change the warehouse designation for a farm. The Department originally established a five-day redesignation period in order to provide ample time for redesignation. The proposal that farmers use of any one of those five days for such purposes is consistent with the original intent of the regulation.

The other proposed revision will establish a date on which the redesignation of initial designation becomes effective. The effective date will be shown on the producer's marketing card and will reflect one full week following the end of the redesignation week. The purpose of the proposal is to prevent the redesignated tobacco from interfering with the sale of tobacco already designated by producers who do not change their designations. Approximately one work week after the end of the redesignation period is required to adjust warehouse selling schedules to reflect the change in designations.

Evergreen

The Evergreen Baptist Church officers and teachers will meet Friday July 2, at 7:00 p.m. in the home of Mrs. Clara Garrett.

The Evergreen Baptist Church Vacation Bible School ended Sunday evening with Parents' Night Program. There were 159 enrolled in the school with an average attendance of 140.

Mr. and Mrs. John Notestein and family have returned from a vacation trip to Florida last week.

Mrs. Joan Paulette and children are vacationing in Pembroke, Ontario Canada.

Mr. Jeff Hodges and Mr. Elijah Farrar are patients in the Lynchburg General Hospital.

Mrs. Leona Carrico, Mrs. Nancy Harris and Mrs. Henry Stanley have all returned home from the hospital.

Congratulations to Mr. and Mrs. Milton Ferguson on the birth of their son, Brian Jason.

Congratulations to Mr. and Mrs. Harold Hamlet on the birth of their son Curtis Lee.

Sympathy is extended to Mrs. Katie Austin in the death of her brother John Robert Ferguson.

Warehousemen will be notified of changes in designations. Any tobacco marketed prior to the effective date on the marketing card will be ineligible for price support. The proposal makes no change in the redesignation procedures for leased quota or for redesignation when a warehouse closes.

Comments on the proposed revisions will be considered if submitted in writing by July 6, to the Director, Tobacco and Peanut Division, Agricultural Stabilization and Conservation Service, U. S. Department of Agriculture, Washington, D.C. 20250. The Comments will be available for public inspection in the Director's office, Room 5752, Agriculture's South Building, from 8:15 a.m. to 4:45 p.m.

YOUTH CRUSADE PLANNED AT RUSTBURG HIGH SCHOOL

A Youth Crusade is planned at Rustburg High School July 18 - July 23 beginning at 8 p.m. each evening.

Steve Wingfield of Roanoke will be the guest evangelist and Ken Masterman of Allentown, Pennsylvania will be song leader.

There will be special singing each evening. The public is invited to attend.

The Youth Crusade is being sponsored by The People of Central Virginia.

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Lafayette MICRO 923	$139.95	$119.95
Lafayette Comphone	$189.95	$159.95
Lafayette HB-525	$179.95	$159.95
Lafayette Telsa & SSB 50	$329.95	$299.95
Lafayette Telsa & SSB-75	$249.95	$199.95
Midland 13-893	$354.95	$269.00
Tramxl	$159.95	$149.95
Hygain Hyrange I	$134.95	$119.95
Hygain Hyrange II	$179.95	$ 159.95
Beta 23	$159.95	$139.95

Used CB Radios

SBE Cortez with Power Mic	$149.95
Pearce Simpson Puma	$129.95
Pearce Simpson Cougar 23B	$189.95
Pearce Simpson Cougar	$159.95
Hygain Hyrange II	$134.95
Johnson Messenger 223 with Tug 8 D 104 Power Mic	$189.95

Also Sale on All Power MICS In Stock!

Lafayette CB Center

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Church Street Phone 352-5575 Appomattox, Va.

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Ladies' Swimwear Size 32-38 Reg. $10.00 $6.76

Ladies' Pants Size 8-16 Reg. $7.00-$8.00 $5.76

Size 32 - 38 Reg. $9.00-$10.00 $7.76

Ladies' Skirts Size 8 - 20 Reg. $7.00 - $8.00 $5.76

SHOES Men's Odd Lot Ladies' Odd Lot ALL REDUCED

Ladies' Sleepware By "Movie Star" Gown Reg. $4.00-$5.00 Baby Doll $3.76

Sleepcoat Reg. $6.00 $4.76

Hand Bags Reg. $5.00 - $3.76 Reg. $6.00 - $4.76 Reg. $7.00 - $5.76 Reg. $9.00 - $6.76

Men's Ties ½ price

CLOSED Monday, July 5

Men's Sport Shirts

Men's Dress Slacks Asst. Lot. Value to $12.00 Reg. $6.00 $3.76 Reg. $7.00 - $8.00 $4.76

Men's Swimwear Reg. $5.00 $3.76 Reg. $4.00 $2.76

Boys Reg. $4.00 $2.76 Reg. $3.00 $1.76

Men's Leisure Suit Coats 6 only - Sizes 38-44 Value to $20.00 $8.76

Marshall's Dept. Store

GIVE GOD A CHANCE IN AMERICAN LIFE

Not only has Madeline Murry O'Hare succeeded in making it illegal to read the Bible or Pray in Public schools, but she protested their Space Craft. Now she is on the move to censure the Christian message being carried on Radio and Television. Her effort to erode the faith of Jews, Christians, Moslems, or Hindu stem from her lack of faith in God. **She acknowledged that she is out to wipe out all that pertains to god!**

The Federal Communications Commission has stated that they must have no less than a million letters to keep Christian programs on the air.

Here is what to do:

Sign and mail the form below. Please DO NOT SIGN AS Mr. and Mrs. Let each adult sign separate forms.

Cut Here And Mail Bottom Portion Only

Date _____

Federal Communications Commission:
1919 Main Street, N.W.
Washington, D. C. 20544

Gentlemen:

I personally appreciate America and her Christian heritage based on the freedom to worship God, therefore I protest against any human effort to remove from Radio or Television the Gosel of Jesus Christ, or any other program designed to show faith in Almighty God or a Supreme Being.

Sincerely,

Name _____

Address _____

GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Summer Salad Pointers

Preparation

1. The most attractive salads are remarkable for their simplicity. Salads should be arranged naturally. The time spent on extra handling required in preparing fancy salads may result in loss of freshness and flavor.
2. Ingredients should be uniform in size and large enough to retain their identity, yet small enough to be eaten without difficulty.
3. Break, don't cut, salad greens. Cutting tends to make them wilt faster.
4. Always have salad greens fresh, crisp and clean. Both greens and other salad ingredients need thorough chilling.
5. Use other greens besides head and leaf lettuce. Try water cress, romaine, tender leaves of spinach and others available.
6. Rinse salad greens under cool, running water to remove outside dirt. Remove discolored, wilted leaves.
7. Drain greens dry on absorbant paper towels to avoid soggy salads.
8. To separate head lettuce, cut out core with a pointed knife, allow cold water to run into opening. The leaves should separate.
9. Lettuce should be a cup that holds the salad. If a leaf is flat, split halfway, lap one side over the other.
10. Drain sliced fruit or vegetables. A watery salad is most unattractive.
11. For tossed salads, toss lightly--never stir.
12. Salads should not be so large that the lettuce leaves hang over the edge of the plate.
13. When preparing a congealed fruit or vegetable salad, the gelatin should be partially stiffened before the fruits or vegetables are added to prevent them from either rising to the top or sinking to the bottom of the mold.
14. Unmolding a gelatin salad should be done with care. First, loosen the top edge of the gelatin with the sharp tip of a knife. Next, set the mold in hot water just long enough to loosen the gelatin from the mold, but not long enough to melt the gelatin. Then, invert the mold over the dish in which it is to be served.

Dressings

1. Dressings should be added in such a way as to enhance the salad. Mixed vegetable salads or cole slaw should have enough dressing to moisten the ingredients and bind them together.
2. Some salads, such as cooked vegetable salads, are best when marinated. This is done by pouring dressing over the salad and setting it in the refrigerator for at least one hour. Before serving, excess dressing should be drained off.
3. Dressings should not be added to some salads until they are ready to serve. And in some cases, it is better to serve the dressing in a bowl at the table and allow each person to use it on his salad as he wishes.

Recipe Of The Week

PATIO POTATO SALAD

1/2 cup milk
1/3 cup sugar
1/4 cup vinegar
1 egg
4 tablespoons butter or margarine
1 tablespoon cornstarch
3/4 teaspoon salt
1/2 teaspoon c elery seed
1/4 teaspoon dry mustard
1/4 cup chopped onion
1/4 cup mayonnaise or salad dressing
7 medium potatoes, cooked in jackets, peeled, diced, and chilled (about 6 cups)
3 hard-cooked eggs, chopped

In medium saucepan, combine milk, sugar, vinegar, egg, butter or margarine, cornstarch, salt, celery seed, and dry mustard. Cook, and stir over low heat till thickened. Remove from heat; blend in onion and mayonnaise; cool. Combine potatoes and hard cooked eggs; carefully fold in dressing. Chill. Just before serving, sprinkle with paprika. Makes 6 to 8 servings.

LEGAL NOTICE

In accordance with the Virginia Area Development Act, the **CENTRAL VIRGINIA PLANNING DISTRICT COMMISSION** will conduct a district-wide **public hearing** on the

DRAFT WATER AND SEWER PLAN FOR CENTRAL VIRGINIA

Date: Thursday, July 8,1976
Time: 7:30 P.M.
Place: Virginia Baptist Hospital Auditorium
3300 Rivermont Avenue
Lynchburg, Va.

The purpose of the plan is to provide a broad framework for the orderly, economical and efficient expansion of necessary water and sewer facilities in Central Virginia.

The public may examine the plan at the office of:

THE CENTRAL VIRGINIA PLANNING DISTRICT COMMISSION
2511 Memorial Avenue, Suite 301
Lynchburg,Virginia
8:30 A.M. to 5:00 P.M.
Monday through Friday

OR

The Town Manager
Appomattox Town Hall
9:00 A.M. to 5:00 P.M.
Monday through Friday

Citizens attending the Public Hearing will be given ample opportunity to present oral or written comments concerning **THE WATER AND SEWER PLAN FOR CENTRAL VIRGINIA.**

Bicentennial Conservation Program Available

A short history of conservation in the United States is presented in "Limits", a bicentennial slide set produced by the U. S. Department of Agriculture's Soil Conservation Service. Two sets of this presentation along with a programmed cassette with soundtrack have been purchased by the Robert E. Lee Conservation District. The district will use this presentation for 4-H Clubs, civic groups, etc.

The fifteen minute production traces the growing awareness of Americans that our natural resources---soil, water, timber, wildlife, and scenic beauty-- which at first seemed inexhaustible were not without limits and had to be protected against exploitation.

"Limits" is appropriate for showing to all audiences interested in conservation: schools, conservation groups, television audiences, civic clubs, and organizations. Anyone interested in using this presentation may contact the Robert E. Lee Conservation office at 352-5610.

Fitzgerald Selected Air Force

LYNCHBURG - Robert A. Fitzgerald, Jr. enlisted into the United States Air Force recently according to local recruiting Staff Sergeant "Butch" Williams of the Lynchburg Recruiting Office.

Upon completion of the Air Force's six weeks basic training course at Lackland Air Force Base, San Antonio, Texas, he will receive technical training in the Mechanical Career Field.

Robert is a 76 graduate of Appomattox County High School and is the son of Mr. and Mrs. Robert A. Fitzgerald Sr. of Rt. 1, Appomatox.

Larry M. Oxner in Naval Reserve

Navy Operations Specialist Seaman Larry M. Oxner, 21, son of Mr. and Mrs. J. C. oxner of Appomattox, Va. is scheduled to participate in the International Naval Review in New York Harbor on July 4th. as a crewman of the amphibious transport dock ship USS Nashville.

He is one of the 20,000 Navymen taking part in the Navy's formal Bicentennial commemoration of our nation's Maritime heritage. The Review will include a total of 50 ships representing more than 30 countries.

This is the fourth International Naval Review, sponsored by the U.S.; the last was conducted in 1957 in Hampton Roads, Va. His ship will join 21 other U. S. Ships taking part in the review. This task force is composed of ships from the Atlantic Fleet and led by Vice-Admiral John J. Shanahan, Commander of the U. S. Second Fleet. Its participation in the Review is one of the most significant events of an on-going fleet exercise titled "Operation 200".

"Operation 200",a seven-week exercise includes fleet maneuvers and missile firings. In addition, there will be amphibious operations, plus naval gunfire support and anti-submarine warfare training. Many of the "Operation 200" ships will have Midshipmen from the U. S. Naval Academy and Naval Reserve Office Training Corp (NROTC) Units embarked. The Midshipmen are undergoing summer training to learn shipboard routines and gain practical experience in seamanship, navigation, gunnery and communications.

A 1973 graduate of Sylva-Webster High School, Sylva, N. C. he joined the Navy in July 1974. His ship is homeported in Norfolk, Va.

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4 for $120 G78-14 or 15 | 4 for $125 H78-14 or 15

Plus $2.27 to $2.80 F.E.T. per tire, depending on size, and old tires.

Sale Ends Saturday

SALE PRICED! Save On Heavy-Duty Tires For Campers, Vans And Panels

$25.55 6.70-15 6PR TT plus $2.42 F.E.T. and old tire

Goodyear 'Rib Hi-Miler' Our bruise-resistant nylon cord tire for light trucks.

Sale Ends Saturday

Size	Load Range	Ply Rating	SALE PRICE
7.00-15	C	6PR TT	$32.10
7.50-16	C	6PR TT	$37.10
6.70-15	C	6PR TL	$28.85
8.00-16.5	C	6PR TL	$34.80

Plus $2.42 to $3.35 F.E.T., depending on size, and old tire.

GOODYEAR

Due to nationwide strike, the tire in the size you want may not be available at all locations. "RAIN CHECKS" will be provided to assure you of our advertised price on your tire as soon as it is available.

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Kings Markets To Sell Fresher, Higher Quality Beef

Kings Supermarkets announces a new unique method of bringing fresher and higher quality Beef to its customers. This new concept is "Boxed Beef".

For some time Kings Supermarkets have been offering its customers more value for their food dollars by the use of Proten Beef furnished by one of the worlds largest Meat Packers. Proten is the trade mark of a Beef prestendering process. In the process, natural tendering agents already present in beef are supplemented by pure food protein derivatives of the Papya fruit. Minute quantities of the Papya derivatives are used to create uniform tenderness never before possible. Proten assures a customer of increased tenderness in all cuts and a greater variety of meats that can be roasted or broiled, therefore, it performs a further advantage to the customer's meat budget.

Now, thru modern meat technology, this beef is furnished to Kings in cavuumized, plastiefilm packaging under almost sterile conditions and is transported in boxes. Therefore, it is referred to as "Box Meat".

Cattle is no longer required to be shipped in carcass form from the slaughtering plant to the retail store.

The cattle are broken down into the basic "saw ready" cuts at a brand new highly automated plant in the Corn belt. The cattle are handled under strictly controlled conditions and the cuts are placed in plastic vacuum bags and shipped under greatly improved conditions. Much of the original waste now remains at the meat packing house. Approximately one hundred pounds of fat and bone are removed from the carcass at the point of processing. It is no longer necessary to ship this unwantd fat and bone across the country, paying freight charges and requiring additional transportation and handling expense. Box meat can be palletized and transported with greater efficiency and ease of handling.

Other advantages in the total system are:

Individual store meat markets can now order the cuts of meat that the customers of that particular store want and no longer must handle product that the trade area does not require. (This old practice resulted in some waste.) This creates specific pricing advantages for the consumer.

The quality of beef is improved. it has a more consistant trim and appearance is greatly improved because of its remarkably tight vacuumized plastic packaging.

Bacterial growth is minimized to the lowest point possible, due to the low oxygen atmosphere. The bacteria cell must have oxygen to multiply.

Kings Supermarkets are happy to be able to offer this innovative new method of bringing the finest quality Beef to its Virginia customers.

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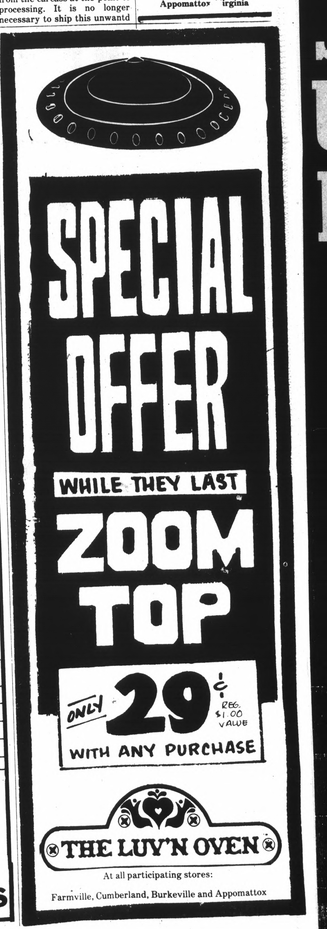

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